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Food and Home Notes

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Many cuts of lamb can be braised without added liquid, because their own juices provide enough moisture. But — if you do add water or tomato juice — use just enough to keep meat from scorching, suggest, U.S. Department of Agriculture home economists.

* *

Lamb cuts that have a considerable amount of fat and that are not breaded or floured can be browned without added fat.

* *

Check "doneness" by cutting a slit in the meat near the bone (or in the center of patties) and noting interior color.

* *

Broil frozen lamb at a low temperature to prevent surface from charring before interior thaws. Increase cooking time.

* *

Marinate lamb in a seasoned mixture of half oil and half vinegar or other acid ingredient for several hours in the refrigerator before broiling.

ON SOLAR ENERGY

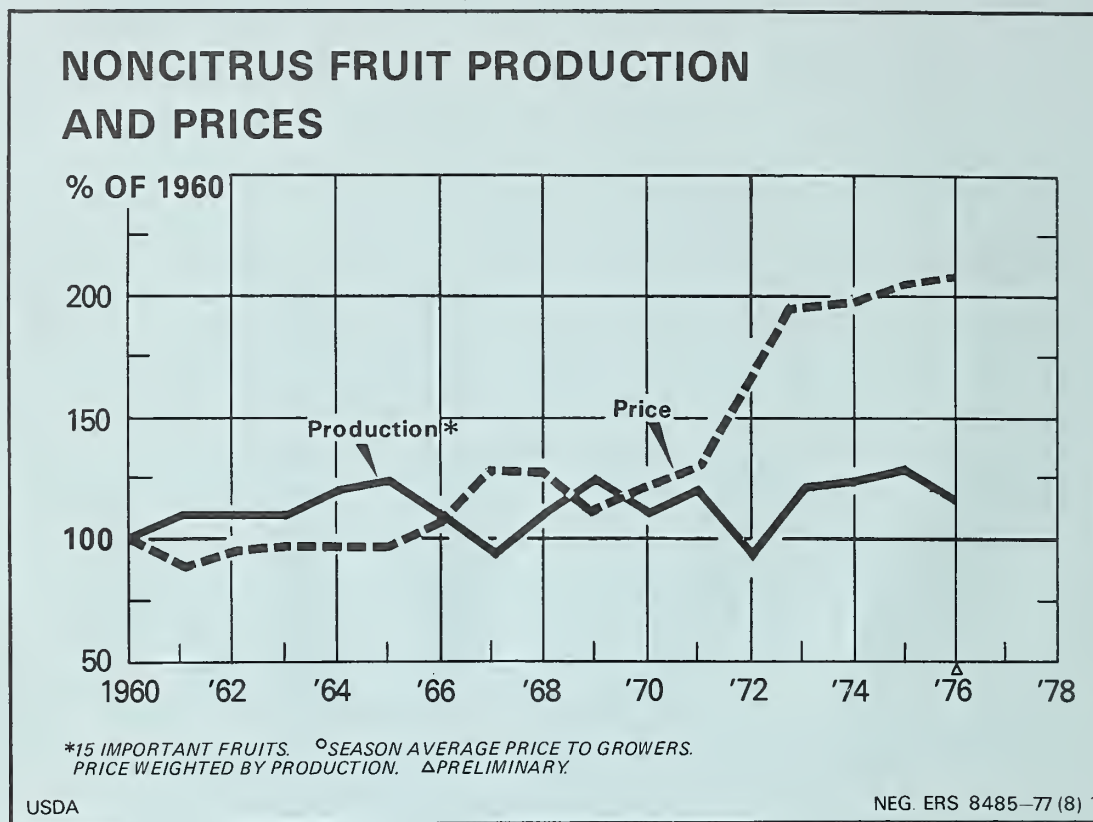
...AND NEW PROJECTS

Three solar demonstration projects will be built by the Forest Service, U.S. Department of Agriculture and the Energy Research and Development Administration, as part of the National Program for Solar Heating and Cooling of Buildings. The planned projects will include a new office building in the Gila National Forest, (New Mexico) an office building addition in the Modoc National Forest (California) and the new Forestry Sciences Laboratory at California State University, Fresno, California.

Roof-mounted solar panels are expected to supply about two-thirds of the energy required for space heating and hot water, and air conditioning in two of the buildings.

The buildings will be monitored by specially installed instruments so the project can provide information to the national effort to conserve supplies of fossil fuels.

AGRICULTURAL CHART



This is the last in the series of agricultural charts for the calendar year.....

The new "Handbook of Agricultural Charts" published through USDA's Office of Communication will be available in mid-November 77. Individual slides and photographic prints will be available from:

U.S. Department of Agriculture
Photography Division - COMM
Washington, D.C. 20250

Media requests for this information will be filled the same day from the Editor of Food and Home Notes.

1978 FOOD AND AGRICULTURAL OUTLOOK CONFERENCE

NOVEMBER
14-17, 1977

What is the outlook for food and diets in 1978? How do the national dietary goals affect consumer diets? Answers to these questions -- and many others -- will be presented at the Outlook Conference scheduled for November 14-17 at the U.S. Department of Agriculture in Washington, D.C. The preliminary program for the conference has been published and is now available to the public, free of charge.



Outlook sessions this year will include information on world trade, weather, retail food supplies and prices, implications of new farm and food policy, food and marketing and distribution.



Consumers and producers will learn from the Family Living Sessions on clothing, housing, health care, and food consumption. Consumer concerns and behavior patterns will be discussed as well as population figures, housing, labor force, and metrification.



New energy developments and how they will affect the lifestyles of the 80's will also be discussed.

Pre-registration materials may be obtained by writing to Dr. Alan Bird, Room 400 GHI Building, 500 12th Street, S.W. Washington, D.C. 20250.



COMING SOON: The New Yearbook of Agriculture.. (Advanced copies available for the working PRESS.)

ON INVESTMENTS

— ECONOMICS "GOTCHA"?

"Frenzied finance" is not an unusual problem. Financial decisions often are overwhelming for the businessman, farmer and/or consumer. So---a "how to" on investing money -- saving money and spending money has been published by the U.S. Department of Agriculture. It's actually a new investment evaluation handbook for analyzing investment opportunities.

Many business decisions have been analyzed by the Economic Research Service concerning if a manager should invest money in a larger inventory -- or should it be invested in land? The formulas presented emphasize the time-value concept of money by using compounding and discounting methods.

While the purpose of the book was to aid the business person or farmer, the handbook can also be used by the consumer to make house-hold decisions. How much has to be saved to reach a savings goal in five years? What does it really mean to "compound" interest? Should you buy a life membership in an organization -- or just plan to pay your annual renewals? The work of these decisions has been spelled-out to include everyone who faces the economics of decision.

A single free copy of the publication "The Evaluation of Investment Opportunities," AH349 is available from the Economic Research Service, Publications Office, U.S. Department of Agriculture, Washington, D.C. 20250. Please include your zip code.

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